

Table Tennis

9' l. 5' w. Dark with $\frac{3}{4}$ " white line around outside edge & lengthwise down center.
30" above floor. $6\frac{3}{4}$ " net above table. Blade of racket $6\frac{1}{2}$ " l. $5\frac{1}{4}$ " w.

A player loses 1 point:

1. If he fails to make a good service.
2. " " " return " " " a good return by the opponent.
3. If he or his paddle touches the net while the ball is in play.
4. " " moves the table while the ball is in play.
5. " His free hand touches the playing surface while the ball is in play.
6. If the ball in play comes in contact with him before it has passed over the end lines or side lines of table & hasn't yet touched playing surface since being struck by his opponent.
7. If player volleys ball.

Let & another ball is served

1. If a served ball touches net or supports or passing over net provided serve otherwise good.
2. If ball is served & receiver not ready.
3. If either player loses point because of accident not under his control.

Clock Golf - Circle 20-24' dia.

"A. Plan For Teaching Fundamental Tennis Strokes."

48 girls - 3 courts.

Fundamentals of good form & elements of game.

1 racquet & 2 balls for each 2 players.

General Organization -

Class divided into 4 squads - 12" ea.

Ea on 1 court & other again backboard.

Rotate.

Tips & shadow drill of mechanics of each stroke given entire class when new stroke started. Repeated.

Suggestions for Teaching Forehand Drive:-

1. Pairs - Turns ~~as~~ striker & tosser. $\frac{1}{2}$ width of court.
A. w racquet st. 4 ft on baseline, l. side to net.
Extends racq. so part. can meas. dist. she must clear & also judge where 2 drop ball. B. (part) drops (not bounces) ball on baseline for A to drive over net in strai line.
2. A assumes posit. of ready, facing net. B drops ball on baseline while A turns Sdw. & drives ball over net.
3. A. a p. o r on baseline. B st. near net on same side of court & tosses ball so it bounces on service line. Underhd. toss best for this. A assumes correct B. posit & executes a drive.
4. Advancing & retreating, using slide stp, can be practiced in formation suggested in (3) by instructing B to set up ball accordingly.

Backhand Drive -

Same as above except. A Striker should st.

10-12" bk of baseline. B tosses - drops ball on baseline. This permits A 2 practice hitting ball slightly in advance of it ft. which assists in correct timing.

Teaching Volley -

1. Instructor of advanced player can drive or chop balls to play who line in net play's posit. 4 stud. form front line spacing equally across net - 2 similar lines behind. As ea. stud does volley, goes to rear of column & next comes fwd.
2. Working in pairs. A st in net play's posit & volleys ball thrown by B. B stands in front of baseline on oppo. side of net, & uses an overhead baseball type throw.

Teaching Serve -

If straight line service taught court space divided so 2 stud. use 1 alley, 2 use court near centre mark & remaining 2 use other alley on that side. 6 more on opp. side.

Backboard Practice.

1. Draw line 3' above ground on wall.
2. " " 39' from wall on ground (dist bet net & backboard). Balls should be stopped on this line for diving practice.
3. For rallying pract. 5' square, bottom of which is 3' from ground, makes good target.
4. Stud. pract in pro. dropping balls & ea. other as on court.
5. If equipment & space adequate ea. play. may drop own ball & drive it begin wall.

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Tennis.

Better the racquet - better game.

Correct grip - $1\frac{1}{2}$ jts of ^{mid} fingers.

Wt. - light for young one.

$3\frac{1}{2}$ for av. girl. 13. better.

Heavy - 14 - $14\frac{1}{2}$

Med - $13\frac{1}{2}$ - 14.

Light - 12 - $13\frac{1}{2}$

Care of racquet - keep in press & cover. (Keep dry)
Try & hang w/out any wt on handle.

Fore-Hand Stroke -

1. Take hds & shape hds. w it.

2. Lt. side to net.

3. Feet free - able to move from 1 to other.

Points: 1. Head of racquet higher than wrist.

2. Arm - not tense or straight. (Relaxed)

3. Wrist firm - not stiff.

4. Hit ball in front at waist ht.

Faults: 1. Scooping - (instead of keeping it up - come down in front)

2. Leaning fwd & no bd. Rns.

3. Not a good follow thru:

4. Not keeping eyes on ball.

Back-Hand -

1. As much freedom of wrist as 4-ld.

2. Hip move to left.

3. Good swing bk.

4. Follow through.

- Service -
1. Side to net.
 2. Dives w side ball to go.
 3. Ball up straight. (Learn 1st)
 4. Should go above racket head.
 5. React up.
 6. Hit ball approx. over pt where ball will fall.
 7. Practice - after throwing ball aim mov't in air.
 8. Main thing -
 1. get it in
 2. Form.
 3. Speed.

Tennis For Teachers - Helen Hoyer for "Slice".

Tennis

Suggestions to Beginners

1. Choose the best racquet you can afford: be sure that it is light enough that you can move it from forehand to backhand without any difficulty. Keep racquet in press when not in use, and keep it away from any moisture.

2. The court is a definite size, the net is a definite height, so keep your eyes on the moving object - the ball.

3. Grasp the handle of the racquet so that the heel of the hand presses against the leather at the end of the racquet. There are two general grips.

Eastern Grip - Stand the racquet on its side, with the face of the racquet at right angles to the ground. Shake hands with it and you have the forehand grip. In the backhand of this grip one hits the ball from the opposite side of the racquet, with a slight turning of the handle clockwise (most of the better players use this grip, notably Lichner and Vines)

Western Grip - Lay the racquet flat on the ground and pick it up. You now have the forehand grip. The backhand is hit from the same side of the racquet by turning the forehand slightly around clockwise 75

4. There is a tendency for beginners to hit all balls while facing the net, await all turns facing the net so as to be ready to shift to forehand or backhand, but when hitting the ball stand at it. L's or sideways to the way you are going to hit the ball. This allows a full swing and enables one to shift the weight from the back to the front foot for the follow through. It also adds the weight of body to the swing.

5. Where should the ball be hit? In the forehand stroke hit the ball just opposite your body between your two legs, with a push stroke. In the backhand stroke the ball is hit about opposite the front or right foot, with a pull stroke.

6. Hitting the ball. Secure a firm grip on the racquet at the time of impact with the ball and hold the racquet parallel to the net and at rt. L's to the direction in which you are trying to place the ball.

7. The first stroke to practice is the simple ground stroke, where you hit the ball on the first bounce. Remember the tendency is to attempt to play balls too fast.

8. Accuracy and good placement should be the goal of every beginner speed should come later.

Suggestions to the Average Player.

This hypothetical player uses all the known strokes, covers the court fairly well, and wins 50% of her games. However, here are some of her tendencies.

1. On the service she tosses the ball up no higher than her head, and she tries to kill the first ball.

2. She is most often between back line and service line.

3. On all strokes she wants to see if the ball went in the court.

4. She often goes to the net position immediately after her service regardless of the position of her opponent.

5. She plays 2/3 of her strokes with her forehand.

6. She has a tendency to play in extremes. She is over cautious or reckless?

7. She does not watch to see what kind of stroke her opponent places on the ball.

Of the ^{above} following tendencies are found, the following suggestions may help to correct them.

1. Play the service ball as high as you can reach and thereby increase the size of the service area in your opponent's court.

Stress accuracy in your service 77

and increase speed only after accuracy is developed.

2. Back court position is behind the baseline, and net position is between service line and net. Be in one place or the other.

3. After every stroke, manoeuvre to cover your court. Be in a position in line with your opponents position for a straight line ball is harder to cover than a cross court shot.

4. Go to the net position only when you have a right to assume the offensive as a result of your stroke or the position of your opponent.

5. If you desire to become proficient in tennis master the backhand stroke.

6. Under play and pressing are two difficulties which must be overcome by the average player. Remember you are going contrary to your build up habits of play when you try to be too careful and under play your strokes. Pressing is sacrificing accuracy for added speed.

7. Watch the stroke.

8. In general all volleying should be done between the service line and the net. If the ball is too high for one to reach when standing on the service line it will probably go out of bounds, and if not you have time to go back and play a ground stroke.

General.

1. The greater the spin the less speed on the ball.
2. In doubles play alongside of your partner both up or both back and keep your court equally divided between the two players.

Teaching Points.

- I. Explain the serving simply
- II Do not attempt to explain the deuce game or set until the regular ones have been used and understood completely.
- III Use a demonstration game letting the students call the points.
- IV Duck tennis and ping pong played with tennis scoring may be used on rainy days.

How to mark out a tennis court.

1. Determine the position for your net. Plant in the ground in the line chosen 2 pegs 27 ft apart (at points A & B in diagram)
2. Then take two measures and attach their respective ends to pegs A & B. On the first whiff will measure the diagonal of the court take a length of 47'5". on the other 39'. Pull both taut in such directions that as these distances they meet at point C. This will give you one corner.